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PA-749

PA-749 • DIVISION OF HOME ECONOMICS • FEDERAL EXTENSION SERVICE • U.S. DEPARTMENT OF AGRICULTURE

August 1966

~~Log: 01/29/86-009~~
~~Rec: 5179~~

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FRUITS AND VEGETABLES

Bright Jewels



A GUIDE FOR
PROGRAM AIDES
IN HOME ECONOMICS

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FRUITS AND VEGETABLES

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A GUIDE FOR PROGRAM AIDES IN HOME ECONOMICS

I. PURPOSE OF LESSON

To help families choose and use vegetables and fruits to get the most food value for their money.

II. POINTS TO MAKE

- Fruits and vegetables taste good, and add bright color and pleasing texture to meals. All people, children most of all, need citrus fruits, tomatoes, cabbage, and other vitamin C-rich foods every day. Dark green and deep yellow vegetables have lots of vitamin A.
- You need four or more servings of fruits and vegetables every day to look and feel your best. Children need the vitamins and minerals in these foods to be healthy and strong. Grownups need them to protect their health and help control their weight.
- Cooked vegetables and fruits, or those that spoil fast, should be stored in the refrigerator. Store frozen foods where you keep the ice cubes, or use them promptly. Use the oldest canned foods first. If cans bulge at the end or leak, throw them out.
- Wash fresh vegetables and fruits before using or cooking them.
- Vegetables and fruits can be served many ways. Serve some raw for snacks and in meals. Minerals are close to the skin in some vegetables like potatoes. You lose them if you peel too deep.
- You can cook vegetables with your meat, fish, cheese, or eggs. This often makes both foods taste better. What other points could you make in working with families?

III. WAYS TO SHOW AND TELL

- *Look* for things to praise. Women often need to be told they are doing a good job.
- *Let* the homemaker tell you how she uses fruits and vegetables. Find out which ones she likes best. How does she prepare them? Get to know her before you suggest even a small change.
- *Help* the homemaker choose vegetables and fruits more wisely.
- *Teach* her to cook them so they keep their food value and so her family enjoys them. Use the pots and pans she has.
- *Show* the mother new ways to use these foods so that her family will like them.
- *Invite* her to go shopping. Show her how to choose fruits and vegetables that will suit her family and make her money buy more.

- *Show* her how she can store fresh produce in her home. Plastic bags help keep vegetables from drying out.
- *Explain* in a way that makes sense to her, why she should try new foods.
- *Show* her how to prepare a new fruit or vegetable.
- *Discuss* ways she can help her family try new foods by serving these with foods they already like. Offer ideas and recipes.
- *Suggest* things she can do with little effort. For example, a young mother may be willing to provide fruit snacks when she knows that fruit is important for her child's growth.

What other ways could you help families use fruits and vegetables?

IV. THINGS FOR THE FAMILY TO DO

Serve more fruits or vegetables for snacks and meals.

Compare prices of fruits and vegetables having much the same food values.

Spend less for soft drinks and sweets. Use the money to buy fruit juices.

Tell about a new fruit or vegetable they have enjoyed. Cook a new vegetable. What other things might a family do?

V. THINGS TO NOTE—A LOOK AHEAD

- What changes have you noticed in the amounts or kinds of fruits and vegetables the family uses?
- Does the mother succeed with the things she tries? What happens when she tries new fruits and vegetables?
- What sort of questions does she ask? Does she ask for more help?
- Are other family members interested?
- If the homemaker is willing to work with you, suggest that she invite some friends to meet with you. Serve a fruit snack. Have the women talk about fruits and vegetables.
- Keep on meeting with the group. Tell them about other ways they can feed their families better.
- Write about the family's use of fruits and vegetables on their Food-Use Sheets.

What other things could you do to help a family?

VI. MATERIALS FOR FAMILIES

Ask your trainer agent for leaflets you can give to families.